



Veteran Services
Center Director
Andy Heitkamp



Military Culture



TODAYS AGENDA

Military service to Minot State University Student

- Presented by
 - Minot State University Veteran Center
 - Who – Andy Heitkamp – Director.
Pam Hopkins – Educational benefits Coordinator.
 - What – Provide assistance to VA or DoD qualified individuals with their educational benefits, (Academic, Financial, Physical and Mental Health guidance or referrals).
 - Where – Dakota Hall
 - Minot State University Veteran student resources.
 - The basics:
 - The organization
 - How they operate
 - Common myths of todays Military/Actual Veteran student population information.
 - Why is there an adjustment to being a civilian student.
 - Classroom resources.
 - Questions and guidance.

Minot State University Veteran Resources

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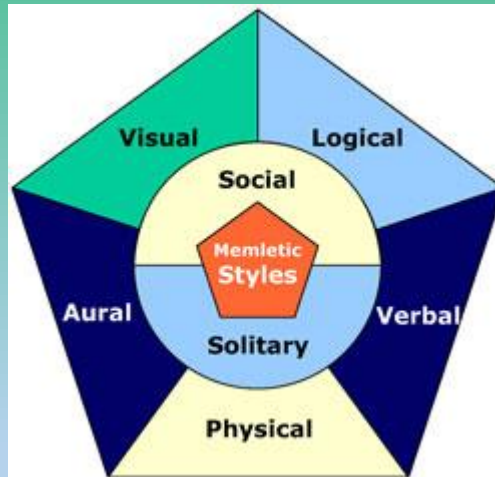
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The Basics



US NAVY

US
AIR FORCE

US COAST
GUARD

US
ARMY

US
MARINES

US NAVY
Reserve

US
AIR FORCE
Reserve

US
ARMY
Reserve

US
MARINES
Reserve

FIVE FULL TIME

FOUR RESERVE

**Armed
Service
Branches**

Air
National
Guard

Army
National
Guard

TWO NATIONAL GUARD

- Each branch of the military has a unique mission within the overall mission of U.S. security and peace.

Air Force (USAF)

US
AIR FORCE

Nation's source of air and space power.
Primary mission is to fly planes,
helicopters, and satellites.

US
AIR FORCE
Reserve

- Founded in 1947
- Originally the Army Air Corps
- Under the Dept. of Air Force
- Referred to as Airman
- Motto: *Aim High ... Fly-Fight-Win*
- Service Members:

- Active (329 K): 65% of the Air Force's total strength
- Reserve (71 K): 14% of total Air Force strength
- Guard (107.5 K): 21% of total Air Force strength



Air
National
Guard

Army (USA)

US
ARMY

US
ARMY
Reserve

Army
National
Guard

The dominant land power. The Army generally moves in to an area, secures it, and instills order and values before it leaves. It also guards U.S. installations and properties throughout the world.

- Founded 1775
- Oldest service branch
- Under the Dept. of the Army
- Referred to as Soldiers
- Motto: *This We'll Defend*



- Service Members:
 - Active (540 K): 49 % of the total Army strength – primarily combat and combat support units
 - Army Reserve (197 K): 18% of total Army strength – primarily combat support and combat service support units
 - Army National Guard (360 K): 33 % total Army strength – combat and combat support units

Coast Guard (USCG)



The Coast Guard's mission is primarily with domestic waterways. The Coast Guard does rescues, law enforcement, drug prevention, and clears waterways.

- Founded in 1790
- Under the Dept. of the Navy and/or Dept. of Defense (depending on federal mandate)
- Referred to as Guardians
- Motto: *Semper Paratus* (Always Ready)
- Service Members
 - Active 42 K
 - Operates under the Dept. of Homeland Security
 - Can be transferred to the Navy during war
 - Auxiliary 30 K



MARINES (USMC)

The Marine Corps is known as the U.S.' rapid-reaction force. They are trained to fight by sea and land, and usually are the first "boots on the ground." Marines are known as the world's fiercest warriors.

US
MARINES

US
MARINES
Reserve

- Founded in 1775
- Under the Dept. of the Navy
- Only 6% of Marines are women*
- Referred to as Marines
- Motto: *Semper Fidelis* (Always Faithful)
- Service Members (as of 2011):
 - Active (177 K): 82 % of total USMC strength
 - Reserve (39 K): 18 % of total USMC strength
 - Shorter, but more frequent tours



NAVY (USN)

US NAVY

US NAVY
Reserve

The Navy accomplishes its missions primarily by sea, but also by air and land. It secures and protects the oceans around the world to create peace and stability, making the seas safe for travel and trade.

- Founded 1775
- Dept. of the Navy
- Referred to as Sailors
- Motto: *Non sibi sed patriae* (not for self, but for country) (unofficial)
- Service Members:
 - Active (330 K): 75% of the total Naval strength
 - Reserve (109 K) 25% of total Naval strength
 - Called upon to perform some untraditional naval roles in Iraq and Afghanistan



THE SHADOW KNOWS

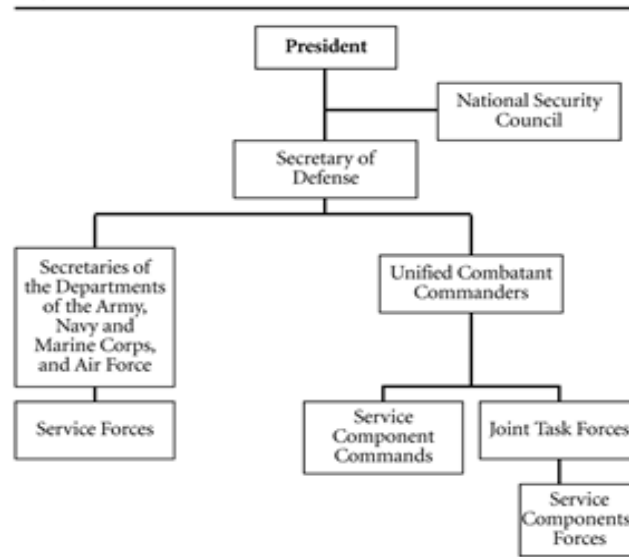
1. Active duty (full-time soldiers and sailors)
2. Reserve and guard forces (usually work a civilian job, but can be called to full-time military duty)
3. Veterans and retirees (past members of the military).

There are also millions of family members (Spouses and dependents), as well as friends of military members, past and present.

THE CHAIN OF COMMAND



Figure 4.1. National Chain of Command



Source: U.S. Army Peacekeeping and Stability Operations Institute.

The President of the United States is the Commander in Chief, who is responsible for all final decisions.

The Secretary of the Department of Defense (DoD) has control over the military and each branch.

The Coast Guard, is under the Dept. of Homeland Security.

With over 2 million civilian and military employees, the DoD is the world's largest "company."



Colonel



Captain



CW 3

Rank and

Structure

- There are three types of rank:
 - **Enlisted**
 - includes noncommissioned officers and petty officers (pay grades E-1 through E-9) (84% of the military)
 - **Warrant Officers**
 - highly specialized subject matter experts (pay grades W-1 through W-5) (2% of the military)
 - **Commissioned Officers**
 - highest ranks, similar to managers/leaders of any organization (pay grades O-1 through O-10) (14% of the military)
- For a visual guide to enlisted rank structure, go to:
<http://www.defense.gov/about/insignias/enlisted.aspx>
- For officer ranks, go to:
<http://www.defense.gov/about/insignias/officers.aspx>



Airman 1st Class
E-3



Private 1st Class
E-3



Lance Corporal
E-3



Colonel



Captain



CW 3

Rank and

Structure

- Rank structure trumps everything!
 - Officer vs. NCO roles
 - Officers: plan, lead, organize
 - NCOs: implement, lead, train
 - Enlisted: execute assigned tasks
- Unit Structure (Army example)
 - Squad 8-16
 - Platoon 16-44
 - Company 60-200
 - Battalion 300-100
 - Regiment 100-2000
 - Brigade 1500-10,000
 - Division 10,000-20,00



Airman 1st Class
E-3



Private 1st Class
E-3



Lance Corporal
E-3



Headquarters,
New York Military Academy
Cornwall on Hudson, New York 12520

Weekly Training Schedule
Week #8
19 - 25 Oct 2009

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As of: Oct 16, 2009

DAY/DATE	TIME	WHO	WHAT	WHERE	Responsibility	RMKS/Uniform
Monday 19 Oct 09	0600-0700	Voluntary and Tour Squad	Open Gym/ Pool/ Weight Room Physical Training	Gym/Pool/ Weight Room	TACS/ CDR / 1SG	NYMA PT Uniform; Wake-up: 0630 for those not choosing to exercise
	0650-0725	BN (-)	Personal Hygiene/ Barracks Maintenance	Brks	TACS	Class B;
	0730-0805	BN (-)	Formation / Reveille / 1st Mess	Quad / MH	TACS/ CDR / 1SG	Class B; Recite Pledge; Sick Call (Infirmary)
	0805-0810	BN (-)	Formation / School Call (B-day)	Quad / CR	Dean	Class B
	1235-1310	BN (-)	Open 2nd Mess	Quad / MH	CDR / 1SG	Class B; Sick Call (Infirmary)
	1310-1510	BN (-)	Formation / Classes	Quad / CR	Dean	Class B
	1530-1730	BN (-)	Athletics	Various	Coaches / S2	PT / Team Uniform
	1800-1845	BN (-)	Formation / Retreat / 3rd Mess	Quad / MH	CDR / 1SG	Class B; Sick Call (Infirmary)
	1900-2030	BN (-)	Formation : Evening Study Period	Co. Area	TACS	Class B
	2030-2130	BN (-)	Free Time/TAC Time	Co. Area	TACS	Co SOP
	2200	BN (-)	TAPS	Brks	TACS	All cadets accounted for: TAPS report to TACS

DAY/DATE	TIME	WHO	WHAT	WHERE	Responsibility	RMKS/Uniform
Tuesday 20 Oct 09	0600-0700	Voluntary and Tour Squad	Open Gym/ Pool/ Weight Room Physical Training	Gym/Pool/ Weight Room	TACS/ CDR / 1SG	NYMA PT Uniform; Wake-up: 0630 for those not choosing to exercise
	0630-0725	BN (-)	Personal Hygiene/ Barracks Maintenance	Brks	TACS	Class B;
	0730-0805	BN (-)	Formation / Reveille / 1st Mess	Quad / MH	TACS/ CDR / 1SG	Class B; Recite Pledge; Sick Call (Infirmary)
	0805-0810	BN (-)	Formation / School Call	Quad / CR	Dean	Class B
	1235-1310	BN (-)	Open 2nd Mess	Quad / MH	CDR / 1SG	Class B; Sick Call (Infirmary)
	1310-1510	BN (-)	Formation / Classes	Quad / CR	Dean	Class B
	1400-UTC	Sel Cdts	JROTC Physical Fitness Competition	O'Neil High School	JROTC	PT w/Warm Ups
	1530-1730	BN (-)	Athletics	Various	Coaches / S2	PT / Team Uniform
	1800-1845	BN (-)	Formation / Retreat / 3rd Mess	Quad / MH	CDR / 1SG	Class B; Sick Call (Infirmary)
	1830-UTC	Sel Cdts	Soldiers Show	West Point	JROTC	Senior Officers: Service Dress w/white Caps
	1900-2030	BN (-)	Formation : Evening Study Period	Co. Area	TACS	Class B
	2030-2130	BN (-)	Free Time/TAC Time	Co. Area	TACS	Co SOP
	2200	BN (-)	TAPS	Brks	TACS	All cadets accounted for: TAPS report to TACS

HOW THEY WERE TRAINED and HOW THEY ARE USE TO OPERATING

The Military

- Emphasizes group cohesion & esprit de corps that connect service members to each other
- Has a distinct set of ceremony and etiquette that create shared rituals and common identities
- Maintains a high standard of discipline that helps organize and structure the armed forces
- Emphasizes punctuality
 - If you show up early, you're on time. If you show up on time, you're late.
- Establishes a professional ethos of loyalty and selfless-service that maintains order during battle
 - Mission first!

Common military stressors/experiences

Acculturation into the Armed Forces (Basic Training/Boot Camp)

- Exposure to combat or life threatening situations
- Loss of a close friend, team member or leader
- Inner conflict / Self-doubt
- Wear and tear
 - Operational stress – lack of sleep/rest
 - High expectations at all times
 - Physically and mentally worn down



Common Myths about the Military

- People who join have low intelligence or are without opportunities.
- Women have a hard time achieving success.
- Military jobs and training have little relation with the civilian world.
- The military is only for people who like war/fighting War = Combat.
- Once you go to war, you come home and are done with your military service.
- The military will let anyone in who applies.

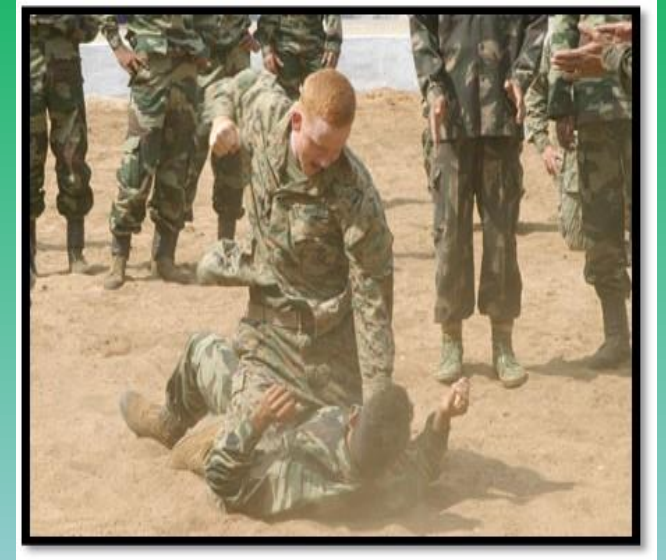
In Basic Training MILITARY MEMBERS ARE

- stripped of your individuality
- camaraderie and team work is emphasized...
- You are trained for combat and to be ready when called upon...

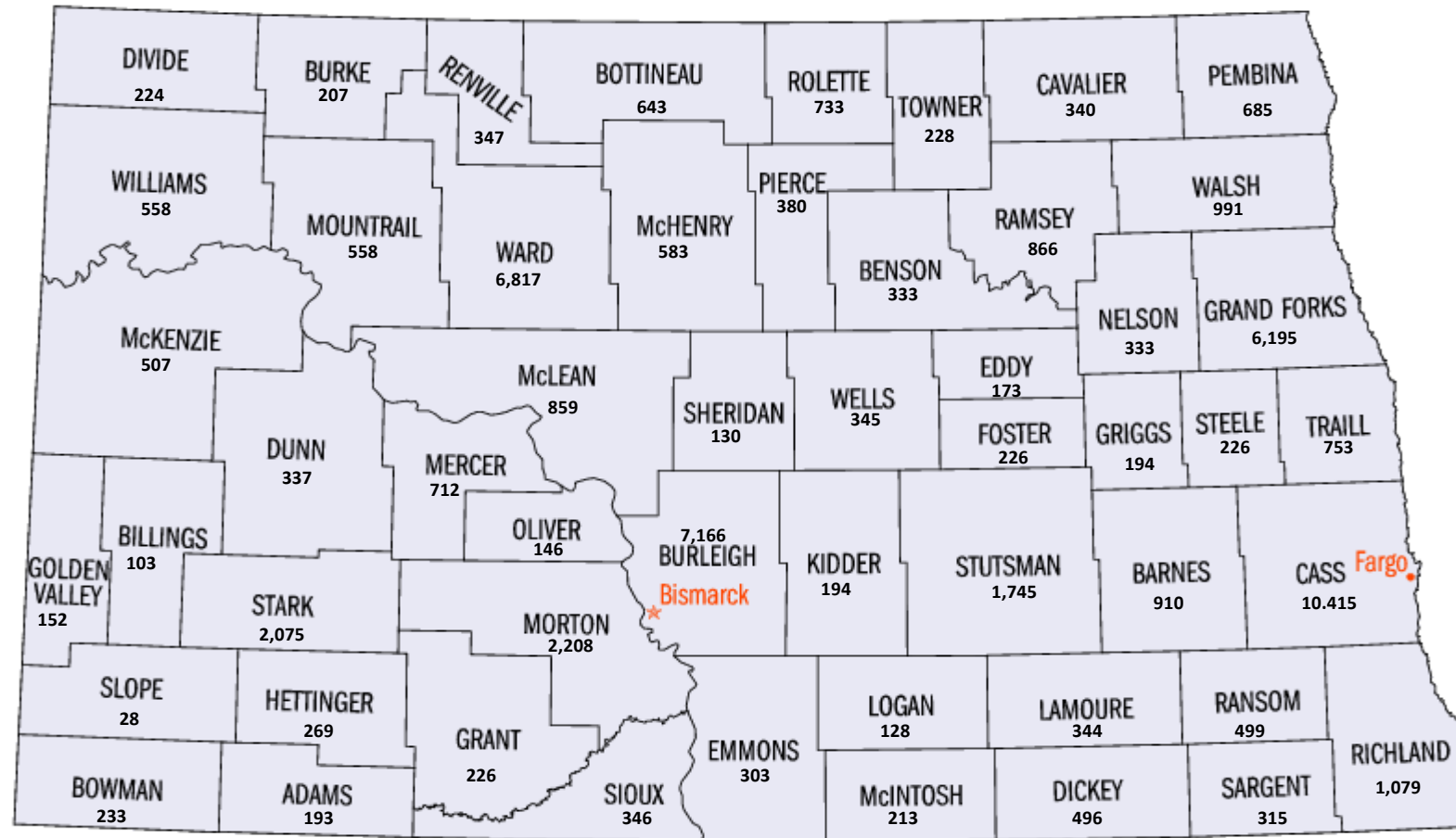
You learn a new language...

Military acronyms:

- **AWOL** - Absent With Out Leave (i.e. not at one's place of duty, and not authorized to be absent)
- **FOB** - Forward Operating Base (used in combat theater)
- **G.I.** - General Issue (belief by military personnel that they are interchangeable)
- **IED** - Improvised Explosive Device
- **JAG** - Judge Advocate General (legal branch of the military)
- **KIA** - Killed in Action
- **SOP** - Standard Operating Procedure.
- **Hot LZ** - Landing Zone that is under direct enemy fire
- **Leaving the Wire** - exiting a base located in a theater of war
- **MRE** - officially, Meal Ready to Eat; (*slang*: Mister Easies; Mystery; Meal Rejected by the Enemy)



NORTH DAKOTA VETERAN POPULATION BY COUNTY



Actual Military student composition

- 73%-80% of Student Veterans are male
- 21-27% are female.
With only 10-14% of military personnel being women, female Student Veterans are over represented in postsecondary education.
- Only 15% of Student Veterans are traditionally aged college students (18-24). Most Student Veterans are between the ages of 24 and 40.
- 47% of Student Veterans have children. 47.3% of Student Veterans are married.
- 62% of Student Veterans are first-generation students. - See more at:
<http://www.mentalhealth.va.gov/studentveteran/studentvets.asp#sthash.DRUPx8Sv.dpuf>

W

O

M

E

N

- Women in Combat

- 112,000 women have served in Operation Enduring Freedom and Operation Iraqi Freedom
- 32% of all women currently serving have deployed to combat
- 203,000 Active Duty
- 146,000 National Guard and Reserves

- Deployment rates highest and longest for Army and Marine personnel followed by Navy and Air Force (Multiple deployments)

- Among women veterans returning from Operation Enduring Freedom (OEF) / Operation Iraq Freedom (OIF)

- 85 % are below age 40
- 58% are between ages 20-29
- Balancing career and family
- Perceived lack of advancement opportunity
- Sexual assault and harassment

- Marriage and Children

- 60% of males in Army
- 48% of females
- 40% of military women on active duty have children (Primary caregiver)

- Twice as likely to be single parent

- 5.5% of males in Army
- 14.7 % of females

- Divorce rate 3 times higher for women

- 2.9% Army men; 8.5% women
- 3.3% Marine men; 9.2 % women



Women Warriors Supporting She Who Has Borne the Battle, Erin Mulhall, Oct 09

VA Healthcare Utilization among 94,010 female OEF/OIF Veterans through 1st quarter FY 2008 Environmental Epidemiology Service

Veteran students enrolled at Minot State

¹ * 478 certified students for the 2013-14 school year

- Fall 2013 - 213 certified students of 3,533 HC
6% of student population
- Spring 2014 - 265 certified students of 3,254 HC
8% of student population

¹ * 456 certified student for the 2014-15 school year

- Fall 2014 Minot State University had 222 of 3,410 HC
6 % of student population
- Spring 2015 Minot State University had 234 certified students of 3,320 HC
7% of student population



Veteran Student numbers reflect those receiving VA educational benefits. The number is not inclusive of all veterans on campus.

Minot State University will continue to see an increase in Veterans on campus

Transitioning individuals can often....

- Feel “lost” or “alone” ,like no one understands them
- Struggle with not having structure or goals
- Worry about finances or taking care of their family
- Miss the adrenaline rush associated with various military experiences
- Become easily annoyed with civilians who take things less seriously or are too “laid back”
- May have anger or resentment towards those who did not serve or towards other military personnel
- Feel on edge or tense
- Feel that everything back home has changed
- Feel down or depressed soon after being separated from service or coming home from deployment

POSTTRAUMATIC STRESS DISORDER (PTSD)



This video contains
GRAPHIC MILITARY EVENTS
that may disturb you. Viewing this video
IS NOT A REQUIRED PART
of this presentation.
WHEN ASKED BEFORE THIS IS SHOWN
PLEASE NOTIFY THE PRESENTOR IF
YOU WOULD LIKE TO LEAVE THE ROOM
WHILE THIS VIDEO IS PLAYED

- IS A MENTAL HEALTH DISORDER THAT CAN OCCUR AFTER YOU HAVE BEEN THROUGH A TRAUMA. A TRAUMA IS SOMETHING HORRIBLE AND SCARY THAT YOU SEE OR THAT HAPPENS TO YOU.
- DURING THIS TYPE OF EVENT, YOU THINK THAT YOUR LIFE OR OTHERS' LIVES ARE IN DANGER. YOU MAY FEEL AFRAID OR FEEL THAT YOU HAVE NO CONTROL OVER WHAT IS HAPPENING.
- IF YOU HAVE GONE THROUGH AN EVENT THAT COULD HAVE CAUSED INJURY OR DEATH, YOU CAN DEVELOP PTSD. EXAMPLES OF THESE EVENTS CAN INCLUDE:
 - Combat or war exposure
 - Child sexual or physical abuse
 - Terrorist attacks
 - Sexual or physical assault
 - Serious accidents, such as a car wreck
 - Natural disasters, such as a fire, tornado, hurricane, flood, or earthquake
- AFTER THE EVENT, YOU MAY FEEL SCARED, CONFUSED, AND ANGRY.
- IF THESE FEELINGS DON'T GO AWAY OR IF THEY GET WORSE, YOU MAY HAVE PTSD. THESE SYMPTOMS MAY DISRUPT YOUR LIFE, MAKING IT HARD TO CONTINUE WITH YOUR DAILY ACTIVITIES.
- FOR A MORE INFORMATION, PLEASE SEE OUR FACT SHEET ON THE MINOT STATE UNIVERSITY WEB PAGE (Additional information link) Recognize PTSD info

POSTTRAUMATIC STRESS DISORDER (PTSD)

After a trauma or life-threatening event, it is common to have reactions such as upsetting memories of the event, increased jumpiness, or trouble sleeping. If these reactions do not go away or if they get worse, you may have PTSD.

What treatments are available for PTSD?

- There are many types of treatment for PTSD, you and your doctor will discuss the best treatment for YOU.
- You may have to try more than one treatment before you find the best one for you.

TWO TYPES OF TREATMENT APPEAR TO BE THE MOST EFFECTIVE FOR PTSD AT THIS TIME. THEY ARE:

- A type of counseling called cognitive-behavioral therapy (CBT)
- Medicines known as SSRIs
 - Treatment can help you feel more in control of your emotions and result in fewer symptoms.
 - However, even with treatment, you may still have some bad memories.

FOR MORE INFORMATION, PLEASE SEE OUR FACT SHEET ON [TREATMENT OF PTSD](#).

If I am in crisis what can I do to get help?

IF YOU ARE IN CRISIS:

- Call 911.
- Go to your nearest Emergency Room.
- Call the National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255).
- Spanish/Español 1-888-628-9454.
- Veterans, press "1" after you call.
- Go to [Veterans Crisis Line](#) website to chat live with a crisis counselor at any time of day or night.

THE NATIONAL CENTER FOR PTSD DOES NOT PROVIDE ANY DIRECT CLINICAL CARE.

WE CAN PROVIDE INFORMATION, THOUGH, TO HELP YOU LOCATE MENTAL HEALTH SERVICES IN YOUR AREA.

PLEASE SEE OUR FACT SHEET ON [FINDING AND CHOOSING A THERAPIST](#).

Traumatic Brain Injury (TBI)

What is TBI?

- May happen from a blow or jolt to the head or an object penetrating the brain.
- When the brain is injured, the person can experience a change in consciousness that can range from becoming disoriented and confused to slipping into a coma.
- The person might also have a loss of memory for the time immediately before or after the event that caused the injury. Not all injuries to the head result in a TBI.

How Does TBI Happen?

-TBI can come from:

- The head being struck by an object, such as a bat or a fist during a fight
- The head striking an object, such as the dashboard in a car accident or the ground in a fall, or
- The head being affected by a nearby blast or explosion.

Who suffers a TBI?

- Males outnumber females by at least 2:1 in frequency of TBIs.
 - Individuals between the ages of 0 to 4 and those 15 to 19 are at high risk for TBI, as are the elderly. Individuals who abuse substances are also at increased risk for TBI.
 - TBI resulting from blast injury occurs rather frequently in the military engaged in active combat in Iraq and Afghanistan.

How severe is a TBI?

- Severity of the TBI is determined at the time of the injury and is based on:
 - Length of the loss of consciousness
 - Length of memory loss or disorientation
 - How responsive the individual was after the injury, for example, whether they were able to follow commands
 - The severity of the injury ranges from mild (a brief disorientation or loss of consciousness) to severe (an extended loss of consciousness or a penetrating brain injury, like a gunshot wound to the head). Mild TBI is also known as concussion.
- Severity of TBI is a continuum and the particular classification used to designate a person as having mild, moderate or severe injury can be somewhat arbitrary.
- The severity level has prognostic value, in the sense that persons with more severe TBI tend to have more difficulty making complete recovery. However, it does not necessarily define the person's likelihood of recovery.

Traumatic Brain Injury (TBI)

What are the consequences of TBI?

TBI can cause a number of difficulties for the person who is injured. This can include physical changes, changes in the person's behavior, or problems with their thinking skills. After an injury, a number of symptoms might be noted including headaches, dizziness/problems walking, fatigue, irritability, memory problems and problems paying attention. These changes are often related to how severe the brain injury was at the time of injury.

Where can I get care for TBI?

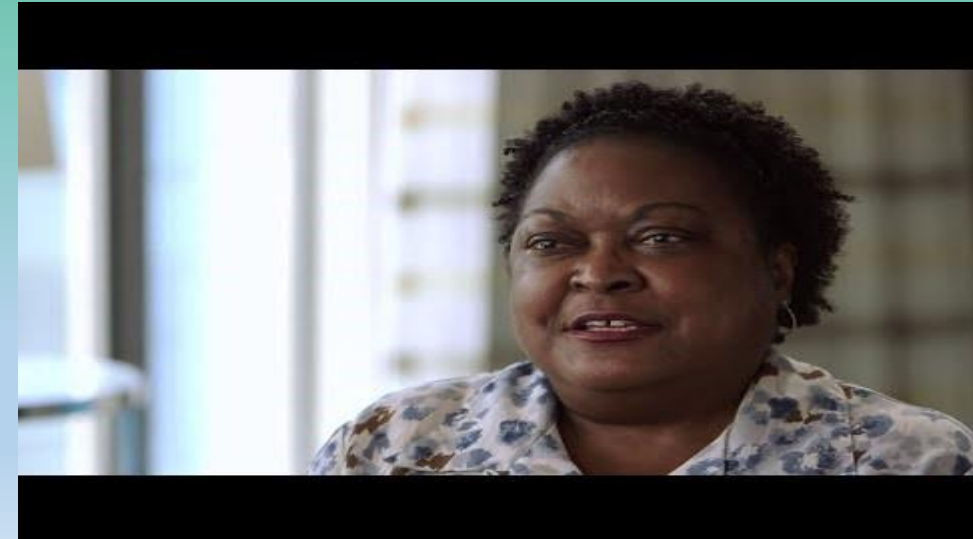
The Veterans Health Administration has a Polytrauma System of Care to treat and care for Veterans with TBI alone or in combination with other injuries and health conditions.

Depending on their health care needs, Veterans with TBI can receive treatment at one of the specialized rehabilitation programs in the Polytrauma System of Care, or they can seek treatment through their local VA Medical Center or community healthcare providers.



MILITARY SEXUAL TRAUMA (MST)

- Refers to sexual assault or repeated, threatening sexual harassment that occurred while the Veteran was in the military.
 - It includes any sexual activity where someone is involved against his or her will – he or she may have been pressured into sexual activities (FOR EXAMPLE, WITH THREATS OF NEGATIVE CONSEQUENCES FOR REFUSING TO BE SEXUALLY COOPERATIVE OR WITH IMPLIED FASTER PROMOTIONS OR BETTER TREATMENT IN EXCHANGE FOR SEX),
 - May have been unable to consent to sexual activities (FOR EXAMPLE, WHEN INTOXICATED),
- May have been physically forced into sexual activities.
 - Other experiences that fall into the category of MST include unwanted sexual touching or grabbing.
 - Threatening, offensive remarks about a person's body or sexual activities
 - And/or threatening or unwelcome sexual advances.
- Both Women and Men can experience MST during their service.
- All Veterans seen at Veterans Health Administration facilities are asked about experiences of sexual trauma because we know that any type of trauma can affect a person's physical and mental health, even many years latter.
- We also know that people can recover from trauma. VA has free services to help Veterans do this.
- You do not need to have a VA disability rating (be "service connected") to receive these services and may be able to receive services even if you are not eligible for other VA care.
- You do not need to have reported the incident(s) when they happened or have other documentation that they occurred.
- This website has information about the health care services that VA has available for Veterans who experience MST.
- For information about VA disability compensation for conditions related to MST
PLEASE VIEW THIS FACT SHEET ABOUT
[Disabilty compensation for personal assault or military sexual trauma.](#)



Faculty resources

- VA Classroom Toolkit
 - <http://www.mentalhealth.va.gov/studentveteran/>
- Short videos and stories of transitioning Veteran students
 - <http://www.halfofus.com/videos/>
- Kognito online, interactive program demos
 - 7 min online video <https://www.kognito.com/products/voc/>
 - Sign up for demo <https://www.kognito.com/products/voc/>
- Post Traumatic Stress Disorder (PTSD) info
 - <http://www.ptsd.va.gov/public/PTSD-overview/basics/index.asp>

QUESTIONS

??????

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- William R. Abb, LTC (Ret), Deputy Director Citizen Soldier Support Program
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- Women Warriors: "Moms with Guts" presenta0on by Bruce A. Moyer, Psy D. EAHEC Annual Conference April 19, 2012